

2006 WESTPORT PARKS & RECREATION

Fall Winter Program Guide



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Scott Berney: Colorado Rockies,
Jeff Brooks: San Diego Padres,
Glenn Katz: Tampa Bay Devil Rays and more...



I.S.T is looking for feedback from families/players regarding days and times that will work best throughout the fall. Programs will be geared toward schedules of interested players.



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Please email Glenn Katz directly istkatz22@yahoo.com
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Matt Lamoureux Co-Captain of the Staples Varsity Football Team with **Keeton Breece** Director of the Freestyle Sports Specific Strength and Conditioning Program.

with fitness tools that will benefit them for a lifetime. The Freestyle Fitness program is designed not only to develop an athlete's physical potential, but to provide a fitness education that can empower an athlete for a lifetime. Our instructors work with the athletes both individually and as a group to develop and maintain the proper technique for every

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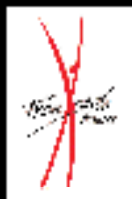
One of the unfortunate myths regarding the training of young athletes is the notion that resistance training is either unsafe or unhealthy for younger adolescent and pre-adolescent athletes. Yet numerous scientific and

medical studies have demonstrated that a properly managed resistance training program is safe and has no negative impact on epiphyseal (growth) plate development. Furthermore, young athletes who participate in a regular, well-supervised strength training program generally experience fewer and less severe injuries on the field than athletes who train improperly or not at all.

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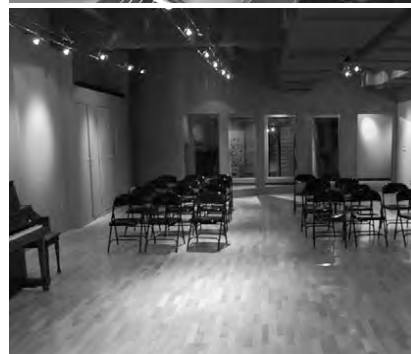
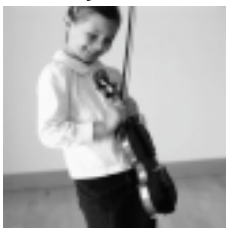
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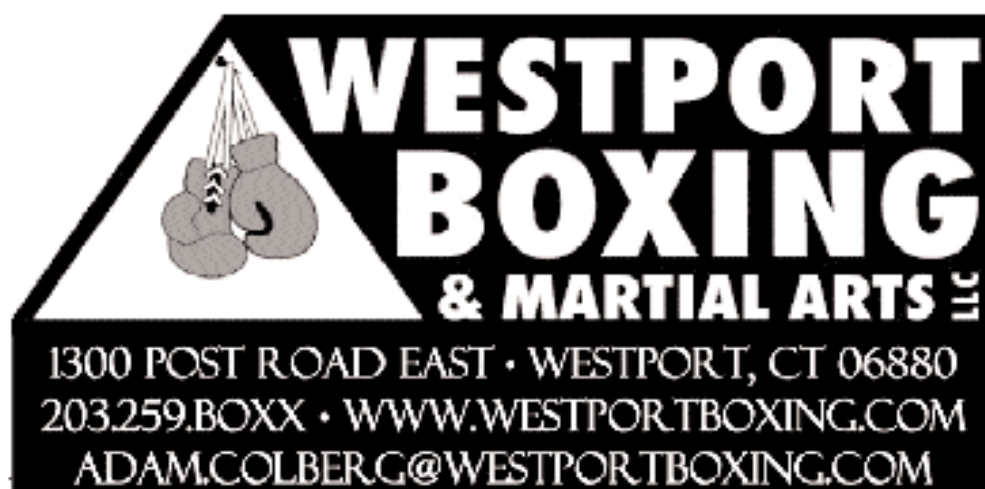


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Beth Cross, PA-C**



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FALL/WINTER PROGRAM APPLICATION**2006-2007****YOUTH AND ADULT**

ELIGIBILITY: Westport Parks and Recreation programs are available to residents of Westport and their children. Non-residents will be accepted on a space available basis, 10 days prior to the program start date. Payment, in full, is due in check or cash at the time of registration.

REQUIREMENTS: Participation in Westport Parks and Recreation Department Programs requires that the participant holds or obtains a current Parks and Recreation Handpass. **EXCEPTION:** Children under 6 years of age as of July 1, 2006 and non-residents. There is a non-resident surcharge of \$15 for children and \$30 for adults for each program.

APPLICATION INSTRUCTIONS: Please refer to the Program Guide before completing this form for description, costs, dates and times of program operation. Enter the Program Code, fee and alternate program (second choice) number in the appropriate spaces below. A signature is required for all program enrollments. One person per application please. Additional applications are available at the Parks and Recreation Sales Office at Longshore. While mailed applications are accepted, we recommend registering in person as programs are filled on a first-come, first-serve basis. Our mailing address is:

Westport Parks & Recreation, 260 South Compo Road, Westport, CT 06880

Please include a self-addressed stamped envelope for your confirmation and program information. We accept cash or check only.

PLEASE PRINT

NAME of PARTICIPANT:

ADDRESS:

HOME E-MAIL ADDRESS:

HOME PHONE:

ANY ALLERGIES:

SPECIAL NEEDS/ACCOMODATIONS:

(For youth participants, please complete this section)

GRADE AGE MALE FEMALE SCHOOL

NAME OF PARENT/GUARDIAN

CELL PHONE

EMERGENCY CONTACT:

PHONE:

(other than parent, guardian or adult participant)

Program	Program Code	Program Fee	Alternate Program	For Office Use Only

APPLICATION NOT VALID UNLESS SIGNED BY PARENT, GUARDIAN OR ADULT PARTICIPANT

I am aware of the nature of the above activity and I hereby assume responsibility for the above-named person to participate.

I will not hold the Town of Westport, the Parks and Recreation Department and/or its' employees, agents or volunteers responsible in case of accident or injury as a result of this participation.

Unless indicated hereafter, the Westport Parks and Recreation Department may use photographs including the above-named participant for promotional purposes and may use our email for program purposes. NO _____

HANDPASS NUMBER:

TOTAL PAYMENT:

SIGNATURE OF PARENT/GUARDIAN OR ADULT PARTICIPANT:

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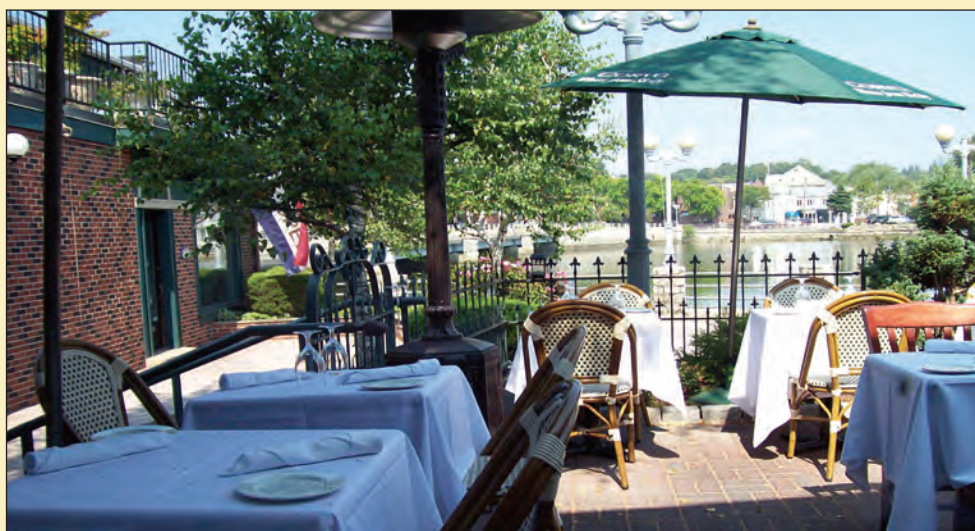
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Borsetti DiPorcini Alla Noci
Homemade pasta stuffed with spinach and Portobello mushrooms in a delicate walnut sauce.

Raviolacci Pomodoro
Ravioli stuffed with ricotta cheese and spinach, finished in a fresh tomato and basil sauce.

Penne Ai Carciofi E Gamberetti
Penne pasta tossed with artichokes and shrimp in a white wine sauce with garlic and oil.

Pappardelle Agli Asparagi E Salmone
Wide pasta with asparagus and smoked salmon in a light cream sauce.



• ENTREES •

Scaloppine Di Vitello Rivera
Sautéed with shallots, white wine, herbs and a touch of cream, served with artichoke Parmesan gratin.

Scaloppine Di Vitello Siena
Topped with crabmeat, asparagus and Fontina cheese in a Cognac sauce.

Scaloppine Di Vitello Mt. Etna
With roasted red peppers and hot cherry peppers in a balsamic vinegar reduction.

Rack of Lamb
Brothed rack cut into chops and served with a green peppercorn Cognac sauce.

Salmon Sesame
Fresh filet of salmon sautéed with shallots, white wine and fresh herbs served over sautéed spinach

Gamberoni Scampi O Fra Diavolo
Shrimp in a white wine, garlic and lemon sauce or in a spicy tomato sauce

Pollo Campagnola
Boneless pieces of chicken tossed with shallots white wine, mushrooms, potatoes, sausage and red peppers.

Pollo Siena
Breast of chicken, topped with eggplant, mozzarella and sliced tomato, gratineed and served with garden peas and mushrooms in a white wine sauce.

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DEPARTMENT INFORMATION

Fall/Winter 2006–2007

General Information

Westport Parks and Recreation Department
Longshore Club Park
260 S. Compo Road
Westport, CT 06880

(203) 341-5090
www.recreation@westportct.gov
Office hours: Monday–Friday, 9:00 am–4:30 pm

Parks and Recreation Commission

Richard Gardella, Chairman
Janis Collins
Wendy Crowther

George Franciscovich
Richard Kestenbaum

Parks and Recreation Staff

Stuart McCarthy, Director
Tim Burke, Parks Superintendent
Dan DeVito, Operations Supervisor
Mike Falbo, Facility Manager
Ron Kelly, Administrative Manager

Karen Puskas, Program Manager
Cyndi Palaia, Program Specialist
Dan Rackliffe, Golf Course Superintendent
Paul Taylor, Golf Course Supervisor
Susan Weiner, Customer Service Manager

Phone/Email Listings/Web Sites

Town of Westport Main Number	341-1000	westportct.gov
Parks and Recreation Administration Office	341-5090	recreation@westportct.gov
Sales Office and Program Information	341-5094	
Cancellation Line for Programs	341-5074	
Babe Ruth Baseball, Bob Smoler	341-0798	rsmoler@att.net
Compo Beach Ned Dimes Marina	227-9136	
Compo Concession, Joey's By The Shore	227-5356	
Doubleday/Longshore/Town Farm Tennis Courts	227-0271	
Harbor Master	222-1098	
Inn at Longshore	226-3316	innatlongshore.com
Levitt Pavilion	341-1143	levittpavilion.com
Longshore E.R. Strait Marina	226-3688	
Longshore Golf Course First Tee	341-1833	
Longshore Golf Pro Shop	222-7535	longshoregolf.com
Longshore Sailing School	226-4646	longshoresailingschool.com
Marine Police	454-6151	
PAL Football	222-1446	fairfieldcountyfootball.org
PAL Rink At Longshore	226-7465	wpalrink.com
Sherwood Island	226-6983	
Splash Restaurant	454-7798	
Westport Lacrosse, Don Kubie	221-2069	westportlacrosse.com
Westport Little League, Carl McNair	254-8553	westportlittleleague.com
Westport Soccer Association	221-9900	westportsoccer.org
Westport YMCA	226-8981	westportymca.org

Program Eligibility

All programs are available to Westport residents and non-residents. A 2006–2007 Parks and Recreation handpass is required for participation in most programs for all persons who are Westport residents, age 6 and up. There is an additional \$15 fee for children and \$30 fee for adults, per program, for non-residents, who may only register for programs 10 days prior to the start date, if space is available.

Program Information

Program registration may be made in person or by mail and is conducted on a first-come, first-serve basis until all programs are filled. Mail-in registrations MUST include a self-addressed stamped envelope. All mail-in registrations will be processed at the end of the business day on which they were received (no earlier than September 9th.) Program registrations may be submitted by an unrelated person; however, an individual may enroll only members of one household on September 9th. Sales Office hours for the purchase of handpasses and program registration will be open to the public beginning on September 9, 2006 from 7:00 am–10:00 am. Regular sales office hours will then continue on Monday, September 11th.

Payment

Payment must be made in full at the time of registration either by check, made payable to the Town of Westport, or cash. **WE DO NOT ACCEPT CREDIT CARDS.**

Scholarships

No Westport resident will be denied participation in a program because of inability to pay the fee. Full or partial financial assistance is available. Please contact Ron Kelly, Administrative Manager, at 341-5089 for confidential assistance.

Special Needs

Please advise us of any special needs of program participants at the time of registration so we may make the appropriate accommodations.

Refunds

All program registrations are refundable up to 30 days prior to the program beginning. Less than 30 days prior to the program beginning, a refund may be available if the participant's place in class can be filled from the wait list. Refunds for documented medical reasons and program cancellations will be issued as requested. There will be no refunds for Intro Sports USA programs once their programs have begun.

Weather Cancellations

All programs are subject to cancellation due to inclement weather. Cancellation information will be broadcast on WICC 600 AM for certain programs, and may always be obtained by calling our cancellation line at 341-5074. There are no makeups, credits, or refunds for program classes canceled due to inclement weather.

Group Placements

There are no group placement requests or team requests accepted due to the ever increasing enrollment in our programs.

INSTRUCTIONAL PROGRAMS

Pee Wee Tennis

Days:	Mondays, Wednesdays, or Thursdays September 18–October 30	
	Times:	Code:
Mondays	2:30 pm–3:15 pm	PW 11
Mondays	3:15 pm–4:00 pm	PW 12
Wednesdays	2:30 pm–3:15 pm	PW 21
Wednesdays	3:15 pm–4:00 pm	PW 22
Thursdays	2:30 pm–3:15 pm	PW 31
Thursdays	3:15 pm–4:00 pm	PW 32
Location:	Longshore Tennis Courts	
Ages:	Boys and Girls ages 3–5	
Fee:	\$60 per participant	

These lessons serve as an introduction to the game of tennis for young boys and girls. Participant to instructor ratio is a maximum of 5:1. Fun drills, games, and activities will be used to teach the basic fundamentals of the game.

Youth Tennis

Days:	Mondays, Wednesdays, or Thursdays September 18–October 30	
	Times:	Code:
Mondays	4:05 pm–5:00 pm	YT 11
Wednesdays	4:05 pm–5:00 pm	YT 21
Thursdays	4:05 pm–5:00 pm	YT 31
Location:	Longshore Tennis Courts	
Ages:	Boys and Girls ages 6–9	
Fee:	\$65 per participant plus a handpass	

These are beginner lessons that focus on teaching the basic fundamentals of the game of tennis. Instructor to participant ratio is a maximum of 5:1.

Youth Tennis

Days:	Mondays, Wednesdays or Thursdays September 18–October 30	
	Times:	Code:
Mondays	5:05 pm–6:30 pm	YT 12
Wednesdays	5:05 pm–6:30 pm	YT 22
Thursdays	5:05 pm–6:30 pm	YT 32
Location:	Longshore Tennis Courts	
Ages:	Boys and Girls ages 10–14	
Fee:	\$75 per participant plus a handpass	

These are beginner lessons that focus on teaching the basic fundamentals of the game of tennis. Instructor to participant ratio is a maximum of 5:1.



Adult Weekday Tennis

Day: Mondays, Wednesdays, Fridays (Fridays would be supervised match play)
Mondays/Wednesdays or Tuesdays/Thursdays
September 18–October 27

Location: Town Farm Courts
**indicates lesson will be held at the Longshore Courts*

Ages: 15 and older

Fees: \$65 per class, per session plus a handpass for M/W and T/TH classes
\$95 per class, per session plus a handpass for M/W/F classes

Dates: **Days** **Time** **Level** **Code**

Session 1: Sept. 18–29

MWF	9:30 am–10:55 am	Lo-Int/Int	AT 13
MWF	11:00 am–12:25 pm	Beg/Lo Int	AT 14
MW*	6:30 pm–7:55 pm	Int/Adv	AT 15
TTH	9:30 am–10:55 am	Lo-Int/Int	AT 16
TTH	11:00 am–12:25 pm	Lo Int/Int	AT 17

Session 2: Oct. 9–20

MWF	9:30 am–10:55 am	Int/Adv	AT 23
MWF	11:00 am–12:25 pm	Beg/Lo-Int	AT 24
MW*	6:30 pm–7:55 pm	Beg/Lo-Int	AT 25
TTH	9:30 am–10:55 am	Lo-Int/Int	AT 26
TTH	11:00 am–12:25 pm	Int/Adv	AT 27

Session 3: Oct. 23–Nov. 3

MWF	9:30 am–10:55 am	Beg/Lo-Int	AT 33
MWF	11:00 am–12:25 pm	Lo-Int/Int	AT 34
MW*	6:30 pm–7:55 pm	Int/Adv	AT 35
TTH	9:30 am–10:55 am	Int/Adv	AT 36
TTH	11:00 am–12:25 pm	Lo-Int/Int	AT 37

These lessons include the basic strokes and fundamentals needed to play the game. Introduction of plays, situations and strategies will also be touched upon as well as covering lobs and overheads.

INSTRUCTIONAL PROGRAMS

Adult Weekend Tennis

Day:	Saturdays and Sundays (two weekends) September 30–October 29		
Location:	Town Farm Courts		
Ages:	16 and older		
Fee:	\$65 per class, per session plus a handpass		
Dates:	Time	Level	Code
<i>Session 1: Sept. 30–Oct. 8</i>			
	8:30 am–9:55 am	Int/Adv	AT 11
	10:00 am–11:25 am	Lo-Int/Int	AT 12
<i>Session 2: Oct. 14–22</i>			
	8:30 am–9:55 am	Lo-Int/Int	AT 21
	10:00 am–11:25 am	Beg/Lo-Int	AT 22

These lessons include the basic strokes and fundamentals needed to play the game. Introduction of plays, situations and strategies will also be touched upon as well as covering lobs and overheads.

Karate

Day:	Tuesdays		
Dates:	Time	Code	
	<i>Session 1: Sept. 19–Dec. 19</i>		
	6:00 pm–7:30 pm	K11	
	<i>Session 2: Jan. 9–May 15</i>		
	6:00 pm–7:30 pm	K21	
Location:	Coleytown Middle School Gym		
Ages:	Children and adults, ages 5 and up		
Fee:	\$70 per participant per session plus a handpass		

Get a full understanding of the martial arts through forms, fighting, and techniques. Increase motor skills and confidence. Each session ends with a testing of skills and awarding of belts. Missed classes can be made up in Norwalk or Wilton as we are part of a tri-town program.

Wrestling

Dates:	Days	Time	Location	Code
	<i>Session 1: Nov. 28–Jan. 23</i>			
	Tuesdays	4:15–5:15 pm	CMS back gym	WR 11
	<i>Session 2: Mar. 20–Apr. 12</i>			
	Tuesday/Thursday	4:15–5:15 pm	BMS gym	WR 21

Ages: Boys and Girls in grades K–8

Fee: \$150 per participant per session plus a handpass

This program is designed to give children a safe and fun introduction to the sport of wrestling. Former teacher and coach, John Chacho is the instructor.

Intra Squad Swimming

Days: Tuesdays, Thursdays, Saturdays

Days	Time	Code
<i>Session #1: Oct. 10–Jan. 9</i>		
<i>Session #2: Jan. 16–Apr. 10</i>		
Tuesdays	5:30 pm–7:00 pm	SW 11
Thursdays	5:30 pm–7:00 pm	SW 21
Saturdays	10:30 am–12:00 pm	

Location: Staples High School Pool

Ages: Children 8–14

Fee: *Session #1:* \$130 plus a handpass
Includes a pool season pass
Session #2: \$108 plus a handpass or \$60 if already in Session #1
New participants will receive a half season pool pass

If you want to perfect your strokes and can proficiently swim at least 25 yards, this extra swim time is ideal for you. All major strokes will be covered and you can attend all 3 days each week or mix and match to your schedule.

Strollercize

Days: Tuesdays/Thursdays

Dates: September 19–November 16
(No class on October 9 and 11)

Time	Code
9:30 am–10:30 am	ST 11

Location: Winslow Park

Ages: Adults with children up to age 4

Fee: \$150 per participant plus a handpass

This is a fitness program for caregivers that includes power walking and strengthening exercises with a stroller. Classes are taught by a certified Strollercize instructor. Maximum class size is 20. For further information about the classes, visit their website at www.strollercize.com.

INSTRUCTIONAL PROGRAMS

Football

Day: Sundays
January 7–February 11

Times	Code
11:00 am–1:00 pm	FB 11

Location: Staples High School Fieldhouse
Ages: Boys and Girls in grades 3–8
Fee: \$55 per participant plus a handpass

This program is run by the State Champions Staples High School Wreckers Football Staff. Head Coach Marce Petroccio leads the way instructing players, grades 3–8, in the fundamentals and skills needed to excel in the game of football.

Baseball

Day: Tuesday and Wednesday
March 6 and 7

Times	Code
6:00 pm–8:00 pm	IB 11

Location: Staples High School Fieldhouse
Ages: Boys and Girls in grades 2–6
Fee: \$55 per participant plus a handpass

This program is run by Head Coach Jack McFarland and the Staples High School Baseball staff. Along with their players, the Wrecker Crew prepares upcoming little leaguers in grades 2–6 for the spring season with a variety of skills and drills to improve their game.



Pre-Season Basketball

Day:		Code
Session 1:	Saturday September 30	BB 11
Session 2:	Saturday, October 7	BB 21
Session 3:	Saturday, October 14	BB 31
Session 4:	Saturday, October 21	BB 41
Session 5:	Saturday, October 28	BB 51
Session 6:	Saturday, November 11	BB 61

Times	Level
8:30 am–10:00 am	Boys/Girls, Grades 5–6
10:30 am–12:00 pm	Boys/Girls, Grades 7–8

Location: Staples Fieldhouse

Fee: \$25 per participant, per session plus a handpass

Get ready for basketball season with these one day clinics given by the Parks and Recreation staff and coaches. On September 30, October 21, and November 11, Staples High School Head Coach Jason Kirck and the Staples High School basketball team will be the guest instructors. Basic fundamentals will be covered to prepare players for upcoming season.

Thanksgiving Weekend

Tip Off Basketball Event

Day:		Code
Session 1:	Saturday, November 25	BB 71
Session 2:	Sunday, November 26	BB 81

Times	Level
8:30 am–10:00 am	Boys/Girls, Grades 5–6
10:30 am–12:00 pm	Boys/Girls, Grades 7–8

Location: Staples Fieldhouse

Fee: \$25 per participant, per session plus a handpass

Staples High School Head Coach Jason Kirck and the Staples High School basketball team kick the basketball season off with this holiday weekend “fun and run” clinic. Drills and fundamentals will continue to be covered with some shooting contests and 3-on-3 games.

Exploring Westport Shorelines I

Day:	Mondays September 18–October 23	
Times	4:00 pm–6:00 pm	Code NH 11

Location: Compo Beach and Longshore

Ages: Kindergarten–Grade 5

Fee: \$150 per participant plus a hand-pass

This is a new program for children who will learn about the wonders of nature along the shoreline of their own community. Children will go exploring on site searching for and learning all about sea critters like crabs, clams, jellyfish, and bird life as well as begin to understand about salt marshes, tide pools, and sea plants. Well known biologist Jeff Simon and his staff will lead the way each week as children set out with buckets, binoculars, and nets to discover!

Exploring Westport Shorelines II

Day:	Saturdays September 23–October 28	
Times	9:00 am–11:00 am	Code NH 21

Location: Compo Beach and Longshore

Ages: Adults 18 and over

Fee: \$150 per participant plus a hand-pass

This is the adult version of shoreline exploring for those who want to learn about the wonders of nature along the shoreline of their own community. Exploration on site searching for and learning all about sea critters like crabs, clams, jellyfish, and bird life as well as begin to understand about salt marshes, tide pools, and sea plants is the agenda with well known biologist Jeff Simon and his staff.

ICE SKATING

Mom and Tot – Ages 3 and 4

Day: Tuesdays or Thursdays
November 28, 2006–February 15, 2007

	Times	Code
Tuesday	11:00 am – 11:45 am	ITU 01
Tuesday	12:15 pm – 1:00 pm	ITU 02
Thursdays	11:00 am – 11:45 pm	ITH 01
Thursdays	12:15 pm – 1:00 pm	ITH 02

Location: PAL Rink at Longshore

Fee: \$130 for 10 lesson session

This program is designed for pre-schoolers with the help of a parent on the ice. Instruction in the fundamentals of skating to develop coordination and strength to help maneuver on the ice are taught. PLEASE, NO DOUBLE RUNNER SKATES. Ski or snowboarding helmet is required.

Children – Ages 5-14

Day: Tuesday, Thursday, Saturday or Sunday
November 28, 2006 – February 18, 2007

	Level	Time	Code
Tuesday	Snowplow Sam – 4/5 years old	1:45 pm–2:30 pm	ITU 03
Tuesday	Snowplow Sam & Basic 1	4:00 pm–4:55 pm	ITU 04
Tuesday	Basic 2 & 3	5:00 pm–5:55 pm	ITU 05
Thursday	Snowplow Sam – 4/5 years old	1:45 pm–2:30 pm	ITH 03
Thursday	Snowplow Sam & Basic 1	4:00 pm–4:55 pm	ITH 04
Thursday	Basic 2 & 3	5:00 pm–5:55 pm	ITH 05
Saturday	Snowplow Sam & Basic 1	9:00 am–9:55 am	ISA 01
Saturday	Basic 2 & 3	10:00 am–10:55 am	ISA 02
Saturday	Basic 4–7	11:00 am–11:55 am	ISA 03
Sunday	Snowplow Sam & Basic 1	9:00 am–9:55 am	ISU 02
Sunday	Basic 2 & 3	10:00 am–10:55 am	ISU 03

Location: PAL Rink at Longshore

Fee: \$130 for 10 lesson session plus a handpass if age 6 and up.

This program follows the United States Figure Skating Association's Learn to Skate program. There are badges of achievement awarded at each level for completion of skills. There are eight levels to fully completing the program, which begins with the basic fundamentals of skating and gradually incorporates turns, swizzles, stops, and glides. Cold weather gear is required including gloves for hands and a ski or snowboarding helmet. NO BIKE HELMETS AND NO DOUBLE RUNNER SKATES.

Adults

Day:	Wednesday or Saturday November 29, 2006 – February 18, 2007		
	Day	Time	Code
	Wednesday	9:30 am–10:25 am	IWE 01
	Saturday	11:00 am–11:55 am	ISA 03
Location:	PAL Rink at Longshore		
Ages:	15 and up		
Fee:	\$130 plus a handpass for 10 lesson session		

These lessons are designed to teach the basic fundamentals of skating that include forward and backward motion, stops and turns.

Hockey

Day:	Tuesday, Thursday or Sunday November 28, 2006–February 18, 2007			
	Day	Level	Time	Code
	Tuesday	Advanced 3 & 4	6:00 pm–6:55 pm	ITU 06
	Thursday	Basic 1 & 2	6:00 pm–6:55 pm	ITH 06
	Sunday	Scrimmage	8:00 am–8:55 am	ISU 01
Location:	PAL Rink at Longshore			
Ages:	Children, Beginner: ages 5–8 Children, Advanced, ages 9–13			
Fee:	\$130 plus a handpass for 10 lesson session			

Under the guidance of our new hockey coach, Sean Murray, each player will have the opportunity to learn the basic skills and fundamentals of the game of hockey. The hockey program is designed to be instructional at the beginner levels with recreational game play at the scrimmage level. Emphasis will be on skating, stick handling, shooting offensive/defensive play, and physical readiness. All participants must have completed the Basic Skills Level 1 ice skating class. The hockey program will follow the USFSA hockey badge program. Full hockey gear is a safety requirement including a helmet and pads.



YOUTH BASKETBALL

Start Smart – Ages 3 & 4

Day:	Saturdays December 2–February 10	
	Time	Code
	11:30 am–12:10 pm	SS 11
	12:15 pm–12:55 pm	SS 12
Location:	Greens Farms Elementary Gym	
Fee:	\$60 per session	

This program is a parent/child participation activity. It focuses on teaching children and their parents basic sports mechanics without the threat of competition or the fear of getting hurt. The basic motor skills necessary to play basketball will be covered through exercises and activities, and each week new items will be added.

Grade 1

Day:	Saturdays December 2–February 10	
	Times	Code
	8:30 am–9:15 am	YBB 11
	9:30 am–10:15 am	YBB 12
	10:30 am–11:15 am	YBB 13
Location:	Greens Farms Elementary Gym	
Fee:	\$60 plus a handpass if child is 6 years old	

This activity is totally instructional and begins teaching children in Grade 1 the basic fundamentals of the game of basketball through games, activities, and contests. All aspects of the game are scaled down to their level including a smaller ball and shorter baskets.

Kindergarten

Day:	Saturdays December 2–February 10	
	Time	Code
	8:30 am–9:15 am	YBB K1
	9:30 am–10:15 am	YBB K2
	10:30 am–1:15 pm	YBB K3
Location:	Coleytown Elementary Gym	
Fee:	\$60 plus a handpass if the child was 6 years old before 7/1	

This activity is totally instructional and continues teaching children in Kindergarten the basic motor skills and mechanics used in the game of basketball. All aspects of the game are scaled down to their level including a smaller ball and shorter baskets.

Grade 2

Day:	Saturdays December 2–March 10	
	Times	Level
Boys:	Between 11:00 & 5:30 pm	YBB 2
Girls:	Between 8:30 & 11:00 am	YBG 2
Location:	King's Highway Elementary Gym	
Fee:	\$60 plus a handpass	

This program is part instructional, part competitive. During the first half hour, children will be instructed in dribbling, shooting, passing, rebounding, and ball handling, each week focusing on different skills. The second half-hour will be spent playing a mock game against another team, implementing what they have just learned as they begin to understand the aspect of basketball play.

A competitive program in a team setting that promotes lots of fun and enjoyable play. Children are assigned to teams coached by parent volunteers and play games weekly with one practice during the week. There is a registration deadline of October 20, 2006 for grades 3–8 only. Any registration received after this date is not guaranteed placement in the program and is subject to a \$50 late fee per family.

Boys: Grades 3–12

Season: Grades 3–8, November 13–March 10
Grades 9–12, December 5–March 8

Grade	Game Day	Game Day Location	Time Frame	Fee	Code
3	Saturday	Coleytown Elementary	11:30–6:00 pm	\$75	YBB 3
4	Saturday	Bedford Middle	2:45–6:15 pm	\$115	YBB 4
5	Saturday	Long Lots	8:30 am–4:00 pm	\$115	YBB 5
6	Saturday	Bedford Middle	11:00 am–2:45 pm	\$115	YBB 6
7	Wednesday	Bedford Middle	6:00–9:00 pm	\$115	YBB 7
8	Saturday	Bedford Middle	8:30–11:00 am	\$115	YBB 8
9–10	Tues/Thurs	Bedford Middle	6:00–9:00 pm	\$100	YBB 9
11–12	Tues/Thurs	Bedford Middle	6:00–9:00 pm	\$100	YBB 11

Girls: Grades 3–12

Season: Grades 3–8, November 13–March 10
Grades 9–12, December 5–March 8

Grade	Game Day	Game Day Location	Time Frame	Fee	Code
3	Saturday	Greens Farms	1:00 – 5:00 pm	\$75	YBG 3
4	Saturday	Saugatuck Elementary	12:15 – 4:00 pm	\$115	YBG 4
5	Saturday	Coleytown Middle	8:30 – 12:15 pm	\$115	YBG 5
6	Saturday	Coleytown Middle	12:15 – 5:00 pm	\$115	YBG 6
7	Wednesday	Long Lots	6:00 – 9:00 pm	\$115	YBG 7
8	Saturday	Coleytown Middle	8:30 – 12:15 pm	\$115	YBG 8
9–12	Tues/Thurs	Bedford Middle	6:00 – 9:00 pm	\$100	YBB 9

Mandatory evaluations for grades 3–6 and grade 8 for both boys and girls will be on Saturday, November 4th. For boys and girls in grade 7, evaluations will be on Wednesday, November 1st. Times and locations for both days of evaluations will be available at the time of registration. Grades 3–8 will have one practice weekly for one hour between the hours of 5:00 pm and 9:00 pm. Our tentative practice schedule will have grades 3 and 4 practicing at 5:00 or 6:00 pm, grades 5 and 6 at 5:00, 6:00, or 7:00 pm and grades 7 and 8 at 5:00, 6:00, 7:00, or 8:00 pm. Based upon coaches' schedules, our goal is to give the younger grades the early practice slots.

COACHING YOUTH SPORTS

Thinking about coaching your child's soccer or basketball team? How about lacrosse or softball?

If you are, it is mandatory to go through our coaching certification program that has been developed by the National Youth Sports Coaches Association. Volunteer coaches begin by taking a 2-hour training clinic which encompasses a training video teaching coaches how to conduct fun and effective practices, offer positive coaching philosophies, deal with the importance of being a role model for children and adhering to a strict code of conduct. The training session also contains some specific sport information also that helps volunteers understand more about the game they are coaching by offering practice templates, drills and other valuable information. The NYSCA and Westport Parks and Recreation's goal is to make all youth sports programs as safe and as positive as we can for our Westport children. We believe it can only happen if the children are provided with a positive introduction to the sport and that their administrators, coaches and officials are well trained.

The following are the fall dates that the department will be offering the coaching clinic. Volunteers who are interested in coaching for the Westport Soccer Association, Westport Little League, Westport Softball, Westport Basketball Association, Westport Lacrosse, Westport Field Hockey, Westport PAL Football or travel basketball or the YMCA travel basketball program either as a head coach or an assistant, and are not currently certified, must participate in one of the following training sessions and must register in advance. You will not be allowed to coach without attaining this certification.

DAY	DATE	TIME	LOCATION
Wednesday	August 30	7–9 pm	Parks and Rec Office
Thursday	September 7	7–9 pm	Parks and Rec Office
Saturday	September 9	9–11 am	PAL Building at PJ Romano Field
Monday	September 11	7–9 pm	PAL Building at PJ Romano Field
Tuesday	September 12	7–9 pm	Parks and Rec Office
Wednesday	September 20	7–9 pm	PAL Building at PJ Romano Field
Thursday	September 21	7–9 pm	Parks and Rec Office
Saturday	September 23	9–11 am	Parks and Rec Office
Sunday	September 24	9–11 am	Parks and Rec Office
Sunday	October 1	9–11 am	Parks and Rec Office
Monday	October 2	7–9 pm	PAL Building at PJ Romano Field

Pre-registration is required. If less than five people are registered for a clinic, the clinic will be rescheduled. You may register by contacting Karen Puskas at 341–5087 or at Kpuskas@ci.westport.ct.us.

**Parks and Rec Office is located in Longshore Club Park on South Compo Road.*

**PAL Building is located on Riverside Avenue on PJ Romano Field which is adjacent to Saugatuck Elementary School.*

Indoor Soccer

Day: Tuesday
October 17–March 13

Times: 8:00 pm–10:00 pm

Location: Staples High School Fieldhouse

Fee: Resident Nightly – \$4
Non-resident Nightly or non-hand-pass holder – \$6
Season Pass (Resident only) – \$30

This activity is for adults, 18 and over.

Men's Basketball

Day: Thursdays
November 9–March 15

Times: 7:00 pm–9:30 pm

Location: Coleytown Middle School

Fee: Resident Nightly – \$4
Non-resident Nightly or non-hand-pass holder – \$6
Season Pass (Resident only) – \$30

This activity is for adults, 18 and over.

Women's Basketball

Day: Tuesdays
November 14–March 13

Times: 7:30 pm–9:30 pm

Location: Coleytown Middle School

Fee: Resident Nightly – \$4
Non-resident Nightly or non-hand-pass holder – \$6
Season Pass (Resident only) – \$30

This activity is for adult women, 18 and up.

Ultimate Frisbee

Day: Fridays
January 5–March 16

Times: 8:30 pm–10:30 pm

Location: Staples High School Fieldhouse

Fee: Resident Nightly – \$4
Non-resident Nightly or non-hand-pass holder – \$6
Season Pass (Resident only) – \$30

This activity is open to adults, 18 and up.

Open Gym Basketball

Day: Sundays
January 7–March 11

Times: 1:00 pm – 3:00 pm

Location: Bedford Middle School

Fee: No fee for Westport handpass holders
Non-handpass holders and non-residents – \$6 daily



Staples Community Pool

Season of Operation

September 18, 2006–June 10, 2007

Hours of Daily Operation for Open Swim and Laps

Monday/Wednesday/Friday	6:30 pm–9:00 pm
Tuesday/Thursday	5:30 pm–9:00 pm
Saturday/Sunday	1:15 pm–3:45 pm

Fees

Please contact the Parks and Recreation Department at 341-5090 for fees and season pass information.

Dates the pool will be closed

October 2	January 1
November 23, 24	April 6, 7, 8
December 23, 24, 25, 30, 31	May 21, 26, 27, 28

Cancellation Information

Please note that if school is canceled or dismissed early due to inclement weather, the pool program is also canceled. Cancellation information may be obtained by calling 341-5074.

All schedules are subject to change without notice.



What's NEW in 2006 at the Longshore Golf Course

Stuart McCarthy, Director, Parks & Recreation Department

Paul Taylor, Golf Supervisor

Dan Rackliffe, CGCS, Golf Course Superintendent

John Cooper, PGA Golf Professional

Westport has an outstanding 18-hole golf course for its residents and their guests. This well-managed and superbly maintained par-69 municipal course is in a beautiful parkland setting with views of Long Island Sound. Longshore has a practice range, putting greens and a well-stocked pro shop for all golfing needs, including rental clubs, pull-carts and golf carts. The course is open mid-March through early December, weather permitting.

Renovations are under way at Longshore. In 2004 the new irrigation system was installed, and last fall a two-year course improvement project began. All greenside bunkers are being rebuilt, with new, expanded tee boxes created for beginners and big hitters alike. The course is ready for play as golf season begins; work on the remaining holes will resume this fall. The entire project will be completed for the 2007 season.

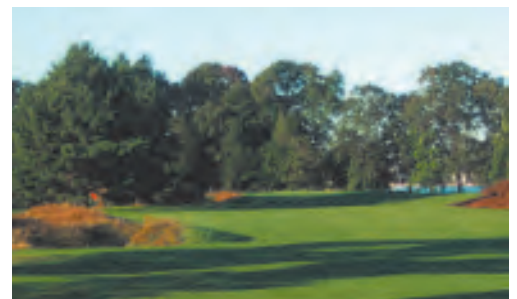
NEW: Views of three reconstructed hole complexes.



10th green



13th tees from the green



16th fairway to the green

HOW TO GET A TEE TIME

Tee times may be made in advance by Recreation Handpass holders through the automated telephone system (341-1833) or in person at the First Tee window on the day of the desired tee time, subject to availability. The golf pamphlet containing 2006 policies and procedures is available at the First Tee window or at the Parks & Recreation Department office. Call the First Tee (341-1833) for fee schedules and tee time details, or call the Parks & Recreation Department (341-5090) for more information about getting a Handpass.

GOLF ASSOCIATIONS: There are 3 golf associations for men and women to join.

*LONGSHORE MEN'S GOLF ASSOCIATION (LMGA) – organizes golf tournaments throughout the season and has 500 members. For information contact Sean Doyle, email: spjd1@aol.com or call 984-6217.

*LONGSHORE WOMEN'S GOLF ASSOCIATION (LWGA) – organizes 18-hole golf tournaments weekly. Tuesday mornings – reserved tee times. For information contact: Jean Murdoch at 226-2800 or email: jmurdoch@optonline.net.

*LADIES' NINE-HOLE ASSOCIATION – organizes 9-hole golf events weekly. Thursday mornings-reserved tee times. Call Mary Jo Fusaro at 227-3847 or email: FusaroMJ@aol.com for more information.

WANT TO LEARN HOW TO PLAY GOLF? PGA professional John Cooper and his staff are in the Pro Shop every day to give lessons to juniors and adults. Call the Pro Shop at 222-7535 for details.

Westport Parks & Recreation Presents:

INTRO SPORTS USA

2006 After-School Fall Lineup

King's Highway Elementary School

Kindergarten—Grade 5 • 3:30-4:45 pm

Fall 1. Tuesday

Flag Football (**Eight Weeks**)

From Sept. 19-Nov. 14

Fall 2. Friday

Triple Play (**Twelve Weeks**)

From Sept. 22-Dec. 15

(Features Batter Up USA, Floor Hockey and Hoop Start USA)



Long Lots Elementary School

Kindergarten—Grade 5 • 3:30-4:45 pm

Fall 3. Tuesday

Flag Football (**Eight Weeks**)

From Sept. 19-Nov. 14

Fall 4. Friday

Triple Play (**Twelve Weeks**)

From Sept. 22-Dec. 15

(Features Batter Up USA, Floor Hockey and Hoop Start USA)



Coleytown Elementary School

Kindergarten—Grade 5 • 3:30-4:45 pm

Fall 5. Wednesday

Flag Football (**Eight Weeks**)

From Sept. 20-Nov. 8

Fall 6. Friday

Triple Play (**Twelve Weeks**)

From Sept. 22-Dec. 15

(Features Batter Up USA, Floor Hockey and Hoop Start USA)



Saugatuck Elementary School

Kindergarten—Grade 5 • 3:00-4:15 pm

Fall 7. Monday

Triple Play (**Twelve Weeks**)

From Sept. 18-Dec. 18

(Features Batter Up USA, Floor Hockey and Hoop Start USA)

Fall 8. Friday

Flag Football (**Eight Weeks**)

From Sept. 22-Nov. 10



☛ Eight-Week Programs, \$250.00

☛ Twelve-Week Programs \$299.00

No Session on Monday, October 2, Tuesday, November 7, or Friday, Nov. 24

Outdoor sessions may need to be rescheduled due to inclement weather

CHRISTMAS VACATION SPORTS FESTIVAL

December 26-29 • Coleytown Middle School • 9 am-1 pm • \$250.00

Fall 9. Tuesday through Friday Ages 5-12

Fall 10. Tuesday through Friday **LIL SPORTS** Exclusively for Ages 3 & 4

INTRO SPORTS USA Registration – Westport Fall 2006 Lineup

Name: _____ Address: _____

Zip _____ Birth Date: _____ Grade: _____ E-mail: _____

Home Phone: _____ Emergency Phone: _____

We accept Visa & MasterCard Card # _____ Expiration Date: _____

Circle sessions: 1 2 3 4 5 6 7 8 9 10

Please make checks payable to: Intro Sports USA, P.O. Box 523, Redding Ridge, CT 06876.

For Information, please call Intro Sports USA at 938-9592.

Waiver of Liability: I understand that injuries are inherent with a sports activity. In the event that an injury occurs to myself or family member, I agree not to hold Intro Sports USA or the sponsor, and any person connected with Intro Sports USA or the sponsor, liable for any and all claims for bodily injury and property damage arising from participation in an Intro Sports USA program or camp. **Refunds will not be given after program begins.**

Parent Signature _____ Date _____

Register online at: "www.IntroSportsUSA.com"

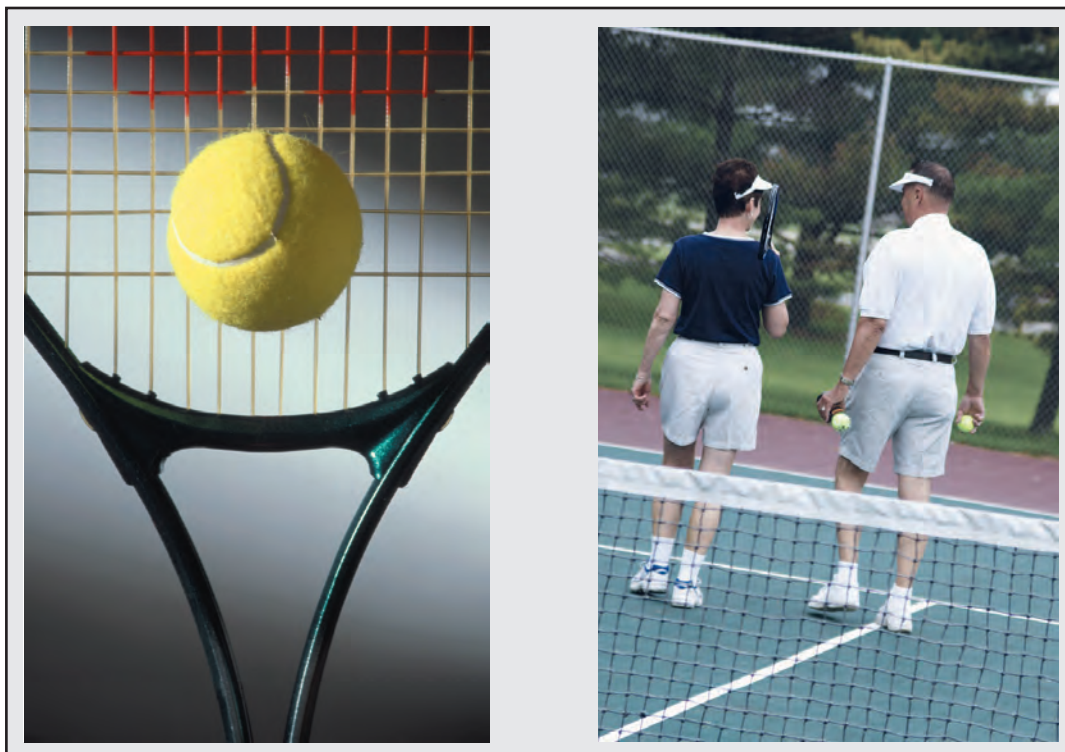
Longshore Club Park Tennis Courts – 9 Har Tru Courts

Weekends/Holidays	May 6–September 4	Open Doubles	8:00 am–11:00 am
		Reserved Play	8:00 am–9:30 pm
	September 9–October 15	Open Doubles	8:00 am–11:00 am
		Reserved Play	8:00 am–5:00 pm
Weekdays	August 28–October 13	Open Play	5:00 pm–6:30 pm
		Reserved Play	8:00 am–11:00 am
		Open Play	3:30 pm–9:30 pm
			11:00 am–3:30 pm

Doubleday Tennis Courts – 4 All Weather Courts

Weekends/Holidays	May 27–September 4	Open Play	12:00 pm–dark
		Reserved Play	7:30 am–12:00 pm
	September 9–October 22	Open Play	8:00 am–dark
Weekdays	August 21–September 1	Open Play	6:30 am–9:30 am
			6:30 pm–dark

No play after September 1



TENNIS FACILITIES

Town Farm Tennis Courts-4 All Weather Courts

Weekends/Holidays	CLOSED FOR THE FALL DUE TO CONSTRUCTION
Weekdays	CLOSED FOR THE FALL DUE TO CONSTRUCTION

Staples High School Tennis Courts - 6-All Weather Courts

Weekends/Holidays	Year Round Open Play
Weekdays	No play while school is in session

Platform Tennis Court - 1 court in Longshore Club Park

Weekends/Holidays	October 15–April 9	Reserved Play	1.5 hour sessions 7:30 am–10:30 pm
Weekdays	October 9–April 6	Reserved Play	1.5 hour sessions 7:30 am–10:30 pm

TENNIS FEES

Westport residents may purchase a tennis permit for the season or pay daily court fees with proper identification. This entitles users to 1.5 hours of court time. The following fees will be in effect:

Tennis Permits	Seniors	62 and over	\$58
	Adults	18-61 years old	\$90
	Juniors	8-17 years old	\$30
Daily Court Fees	Seniors with handpass		\$4
	Adults with handpass		\$6
	Juniors with handpass		\$4
	Guest fees/no handpass		\$10

INFORMATION

All schedules are subject to change without notice. Court availability subject to reserved time by the Parks and Recreation Department, Board of Education and Continuing Education. Please refer to the tennis policies and procedures pamphlet available at the Parks and Recreation Office or Longshore Tennis Courts.

Westport P.A.L. Rink At Longshore

The Westport P.A.L. Rink at Longshore is outdoors and operational from late November through early March. It is located within Longshore Club Park. It is operated by Thin Ice Management and can be contacted after October 15th. Children and adults are both welcome and group rates and private party arrangements are available. Westport handpass holders receive discounted admission. Rental skates and private instruction are also available as well as group instruction. Concession by Joey's By The Shore is available during peak hours. Always call ahead in case inclement weather forces the rink to close or change the schedule. Party rental space becomes public when not rented. Ice will be cleaned as required. Please call 226-RINK for party rental information. The schedule below is a weekly ice rink schedule for non-holidays. Please call 226-RINK for holiday schedule. Please visit our web site at www.wpalrink.com for further information.

Fees: Admissions are based upon per session.

Adult:	\$9	Adult with handpass:	\$7
Child (17 and under):	\$6.25	Child with handpass:	\$5
Skate Rental:	\$4	Skate sharpening:	\$8/\$10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Parks and Rec Lessons Rink Closed	Rink Closed					Parks and Rec Lessons Rink Closed
8:00							
9:00				Public Skate	Public Skate	Public Skate	
10:00		Public Skate	Public Skate	9:00–3:30	9:00–3:30	9:00–3:30	
10:30		10:00–3:30	10:00–3:30				
11:00	Clean Ice						Clean Ice
11:30	Public Skate						
12:00	11:30–5:00						
12:30							Public Skate
1:00							12:30–4:30
1:30							
2:00							
2:30							
3:00		Clean Ice	Clean Ice			Clean Ice	
3:30		Public Skate	Parks and Rec Lessons Rink Closed	Clean Ice	Clean Ice	Party Rental	
4:00		4:00–5:30		Public Skate	Parks and Rec Lessons Rink Closed	4:00–5:06:30	Clean Ice
4:30				4:00–5:30		Clean Ice	Party Rental
5:00	Clean Ice	Clean Ice		Clean Ice		Public Skate	5:00–6:00
5:30	Party Rental			Party Rental		5:30–7:30	Clean Ice
6:00	5:30–6:30	Party Rental		6:00–7:00			Party Rental
6:30	Clean Ice	6:00–7:00		Clean Ice			6:30–7:30
7:00		Public Skate	Clean Ice		Clean Ice		Clean Ice
7:30		7:00–8:00	Public Skate	Public Skate	Public Skate	Clean Ice	Public Skate
8:00			7:30–9:00	7:30–9:00	7:30–9:00	Party Rental	7:40–10:00
8:30						8:00–10:00	
9:00							
9:30		Rink Closed					
10:00							

SKATE PARK & SEASONAL FACILITIES

Compo Beach Skate Park

Season of Operation: April 1–October 29

Hours of Daily Operation for late summer/early fall 2006:

Dates	Monday–Friday	Saturday–Sunday
June 26–September 24	4:15 pm–7:30 pm	12:30 pm–7:30pm
Sept 30–October 29	Closed	12:30 pm–7:30pm

Fees

The skate park is open to both Westport handpass holders and non-handpass holders. The following fee schedule is in effect:

	Seasonal Permit	Discount Card (15 visits)	Daily Fee Admission
Handpass Holder	\$360	\$75	\$8
Others	not available	not available	\$10

Information

The Compo Beach In-Line/Skateboard Skate Park and Roller Hockey Center was an area developed to provide a safe and enjoyable area for skaters of all ages. As an alternative to street skating, this skating facility offers rails, jumps, ramps and a half pipe for those enthusiastic skaters as well as a blacktop area for those looking to skate safely, play hockey or begin to learn the sports. The area is completely supervised and maintained and offers different programs throughout the season. Please note that the schedule is subject to change without notification. Inclement weather will cause this facility to shut down operations. Please call the Compo Beach Skate Park Information Line at 226-1251 when in doubt.

Facilities

Longshore Club Park

Longshore Club Park Club is a 169-acre park situated on Long Island Sound and the Saugatuck River. It features an 18-hole golf course for residents and their guests, a driving range, and golf pro shop. The Town's three swimming pools are also located here on the point with a bathhouse, locker facilities, and a pavilion. Nine har-tru tennis courts and one paddle tennis court are adjacent to the pool facilities and the pavilion houses the Town's tennis offices as well as a full concession and dining area. There is a large playscape and Evan Harding Point provides a beautiful area to picnic with tables and barbeque grills. Fishing is permitted. Daysailing rentals and instruction are available through the Longshore Sailing School.

E.R. Strait Marina is located here with slips and ramp access available to Town residents with a permit. Trails and walkways crisscross the park and are a good way to watch the birds and wildlife. The site also has historic and cultural value, which visitors can explore. The Park also houses the Inn at Longshore and Splash Restaurant as well as the Town's Parks and Recreation Offices.

The Parks and Recreation Department recommends that pedestrians and fitness enthusiasts use extreme caution when walking, rollerblading or biking through Longshore Club Park. Errant golf shots pose a potential hazard to those using the roadways within the park. As an alternative to Longshore Club Park, we suggest that adults walking, skating, or riding with children take advantage

of the off road walking paths provided in Winslow Park on North Compo Road or at Wakeman Park on Cross Highway for the safest possible environment.

Community Parks

The Westport Parks and Recreation Department maintains over 30 different parks and areas of open space for the enjoyment of the community. You will find these areas concentrated along the Saugatuck River and scattered throughout the Town. Choose one and enjoy the serenity of nature, a picnic lunch, fishing along the river, or a quiet book under a tree. All parks operate sunrise to sunset daily except where noted. Detailed information about the parks may be obtained at the Parks and Recreation office or online at www.westportct.gov.

Athletic Fields

The Westport Parks and Recreation Department maintains and schedules all athletic fields throughout the community for use by the Board of Education, community athletic organizations, private use, and their own programs. When not scheduled for use by organized activities, the fields are open to the public. For information on reserving athletic fields for an event or private party, please contact our office at 341-5090.

Marinas & Boating

Boating and marina facilities within Compo Beach and Longshore Club Park give residents the opportunity to enjoy Long Island Sound on the water. A boat waiting list does exist for all in-water and drytall assignments. There is a \$50 application fee for in-water assignments. There is no fee for drytall applications. Applications are available at the Parks and Recreation office.

Ned Dimes Marina at Compo Beach

Located within Compo Beach, this marina offers in-water slips as well as drytalls for trailered boats, dinghies, hobie cats, sunfish, kayaks, and windsurfers.

E.R. Strait Marina at Longshore Club Park

Located within Longshore Club Park, this marina offers in-water slips as well as a limited dinghy storage. In addition, Harbor Marina Services is a licensed vendor operating a launch service to boats moored in the mouth of the Saugatuck.

Launching information

Compo Beach – Launch ramps are available for daily boat access for vehicles with trailers and car tops. All vehicles must have an parking emblem and either pay the daily launch fee or purchase a seasonal launch permit.

Longshore – Launch ramp available for car top vessels only with seasonal launch permit only.

Mill Pond – Launch ramps available for car top vessels only with seasonal launch permit only.

Westport Beaches

The Westport Parks and Recreation Department is proud to manage and care for four beach front areas. Compo Beach and Burying Hill Beach offer the community many different recreational choices during the summer season. A parking emblem or daily fee is required for all vehicles entering the beaches. Old Mill Beach and Canal Beach are more secluded and private and offer quiet times and less crowds. For further information and fees, please refer to our policies and procedures pamphlet for beaches, available at the Parks and Recreation office.

SEASONAL FACILITIES & SPECIAL EVENTS

Compo Beach

Compo Beach offers the Westport community a beautiful recreational complex. Sandy beaches with a boardwalk, pavilions, playground, and picnic tables line the shore along the east while on South Beach, grills and additional picnic tables are available for afternoon and evening barbecues. Facilities include restrooms, showers, dressing rooms, and lockers with a full range concession operated by Joey's By the Shore. Recreation facilities include beach volleyball courts, basketball courts, a softball field, skate park, and large grass area for anything from kite flying to frisbee. Lifeguards are on duty daily along the east shore from Memorial Day through Labor Day, 10:00 am to 6:00 pm.

Burying Hill Beach

Burying Hill Beach is located on Beachside Avenue and provides picnic areas with spectacular views of Long Island Sound. Facilities include picnic tables and grills, restrooms, and a large grass area that can be used for many different recreational games and activities. Lifeguards are on duty daily from Memorial Day through Labor Day, 10:00 am to 6:00 pm.

Old Mill Beach and Canal Beach

Both Old Mill Beach and Canal Beach provide sun-bathing opportunities and access to Long Island Sound. Parking is restricted at both areas and daily fee parking is not available. No restrooms are available and there are no lifeguard services.

Special Events

Triathlon

Saturday, September 16, 2006

7:00 am–10:00 am

Compo Beach

This event is sponsored by the Westport Kiwanis Club in cooperation with the Town of Westport. The race begins at Compo Beach and includes a .5 mile swim, a 5.25 mile bike race and a 2.2 mile run. Fees are \$30 per individual prior to September 4th and then \$40 after. There are several different divisions and relays are also available. For further information, contact David Fugitt at 226-8325.

Halloween Spectacular

Thursday, October 26, 2006

3:00 pm in front of the YMCA ■ 4:00 pm on the Town Green

The Parks and Recreation Department, Downtown Merchants Association, and Westport P.A.L. team up to offer a wonderful Halloween event for the children of Westport. Children will march up

Main Street, trick or treating along the way, eventually making their way to Town Hall for more treats. Afterwards, a gathering on the Green will take place with fun-filled entertainment from DJ's Music Mania and lots of cookies and juice. Giveaways from Westport P.A.L. and trick or treat bags from Parks and Recreation will be available. Don't let the rain scare you . . . the parade might be canceled but the entertainment will move to the Town Hall Auditorium.

First Night New Year's Eve Celebration

Sunday, December 31, 2006

Several facilities throughout Westport

First Night is a community based, family oriented, and alcohol-free celebration of New Year's Eve through the arts. Music, dance, theatre, comedy, art, magic, food, refreshments, and games will fill the afternoon and evening. Fireworks at midnight culminate the event over the Saugatuck River. Tickets are required for admission at a price of \$10 each. For further information, call 341-1041.

WESTPORT LITTLE LEAGUE

Little League Pledge

I Trust in God
I Love My Country
and Will Respect It's Laws



I will Play Fair
and Strive to Win
But Win or Lose
I Will Always
Do My Best



Front the ranks of youngsters who stand now
on the morning side of the hill
will come the leaders, the future strength
and character of the nation.

2007 SEASON STARTS IN APRIL

For information, call 254-8553
www.westportlittleleague.com

WESTPORT BABE RUTH LEAGUE



THE SPORTSMANSHIP CODE OF BABE RUTH BASEBALL

Develop a strong, clean, healthy body, mind and soul.
Develop a strong urge for sportsman-like conduct.
Develop understanding of and respect for the RULES.
Develop courage in defeat, tolerance and modesty in victory.
Develop control over emotions and speech.
Develop spirit of cooperation and team play.
Develop into real, true CITIZENS.



For information, call 341-0798
rsmoler@att.net

WESTPORT PAL FOOTBALL

**Get Fit in
Mind and Body**

Join Westport's PAL Football & Cheerleading Program JOIN NOW FOR THE 2006 SEASON!

Flag Football - Grades 1 and 2

Tackle Football - Grades 3 - 8

Bantam League - Grades 3-4

Junior League - Grade 5

Junior League - Grade 6

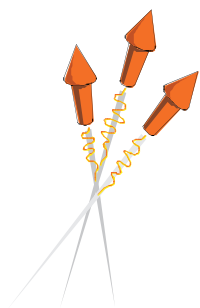
Senior League - Grade 7

Senior League - Grade 8



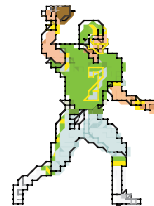
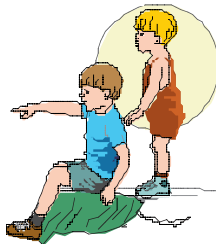
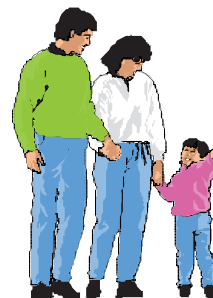
**Cheerleading
for all grades**

Register at:
www.fairfieldcountyfootball.org



WESTPORT P.A.L.

Kids & Community



The Westport P.A.L. is the Town's oldest youth volunteer organization. It is comprised solely of volunteers and sponsored by the **Westport Police Department**. P.A.L. activities include funding and producing the annual **Fourth of July Fireworks** display, co-sponsoring the Halloween Parade, as well as a football program, a girls softball league, lacrosse, junior golf, travel basketball, fishing and holding the annual Holiday Party at Longshore. P.A.L. especially enjoys working with handicapped youngsters and has sponsored several events for area children with special needs. Their community involvement also extends to many civic organizations with activities like the annual Minute Man Race and Festival Italiano. The Westport PAL also owns and operates the Rink at Longshore during the winter months.

P.A.L. has no paid employees and derives funding from private donations and several fund raising events held throughout each year.

Join the feeling! P.A.L. members are rewarded through a sense of helping kids and the community. New volunteers are always welcome. Call Al Fiore at 341-6008 for more information.



WESTPORT YOUTH LACROSSE

THE WESTPORT YOUTH LACROSSE ASSOCIATION is a non-profit organization of volunteer lacrosse enthusiasts who, in cooperation with the Westport Parks and Recreation Department, sponsor boys and girls instructional clinics, and competitive lacrosse teams for 1st through 8th graders.



Westport's program ranks among the regions best in terms of number of players, and the level of instruction. While some participants have been playing for several years lacrosse is an easy sport to learn and each year at least one third of our players at each grade level are first-timers.

2006 – 2007 WESTPORT LACROSSE PROGRAMS

FALL

Boys 4th – 8th Grade Clinic
Girls 4th – 8th Grade Clinic
Boys 1st - 4th Grade Bantams

WINTER

Boys 4th – 8th Grade Clinic
Girls 4th – 8th Grade Clinic

SPRING

Boys 5th – 8th Grade Travel
Girls 4th – 8th Grade Travel
Boys 3rd & 4th Grade Bantams
Boys 1st & 2nd Grade Pre-Bantams

For more information about teams, equipment (purchase or borrow) pre-registration or to volunteer to coach or assist, contact us at:

24-Hour Voicemail: 221 – 2069

Email: westportlacrosse@hotmail.com

Web Site: www.westportlacrosse.com

Westport Soccer Association



For registration information:

Visit the WSA on The Web at: www.westportsoccer.org

Or, call the WSA Hotline at: 221-9900



COME JOIN US!

The WSA is a non-profit organization that depends on its volunteers. Help create a positive athletic and social experience for Westport's kids. CALL: 221-9900 Robby Casey WSA President

L league Soccer is the core of the Westport Soccer Association, and is open to boys and girls, grades K-8. Games are on Saturdays. Professional coaches conduct clinics weekdays between 4-6 PM.

T ravel Soccer is for select players who demonstrate a high level of skill and dedication. The WSA fields U9-U14 boys and girls teams. Rosters are limited and selection is competitive, based on tryouts and ongoing coaches' evaluations. All Travel Soccer players must commit to weekday practices. Most games are on Sundays. All play is inter-town, while some teams participate in state-wide tournaments.

WSA: Where Westport's Soccer Tradition Begins

**RESPECT
FALL
SESSION**



RESPECT (Recreation Special Education Teams) is now holding registration for its fall and winter sessions. Programs begin mid-September.

Call 203-227-2261 or

E-mail WestportSepta@aol.com
ASAP for further information on fees, start dates and locations.

Register Now for
RESPECT FALL and
WINTER PROGRAMS
including
Basketball, Soccer,
Rollerblading,
Ice Skating Tennis,
and Swimming



www.westportbasketball.org

The Westport Youth Basketball Program offers activities for both boys and girls pre-school through twelfth grade from November through March. The Westport Basketball Board administers the program through Parks and Recreation. With the help of local sponsors and fundraising, this program has reached new heights and has been able to offer children a wonderful and enriching experience. Please consider becoming a part of our organization! Call 341-5087 for more info or visit our website above.

2005-2006 Sponsors

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AES Security Systems
Budget Blinds of Westport
Piper A. Paul, Esq.
Ceruzzi's Holdings, LLC
Guaranteed Home Mortgage
Main Street Resources

Westport P.A.L.
Pacilio & Associates
E.T.A. Music
Mr. John Cooper
First Tracks Equity
Ventures
David McCullough, MD
Kestenbaum, Dannenberg &

Klein, LLP
Levitt Pavilion
Terex Corporation
Marriott of Stamford
Graber Family
Tiffany & Co.
Kleban.Samor, P.C.
Joey's By The Shore

Join us for our
3rd Annual Youth Basketball Golf Benefit
Wednesday, September 27, 2006
Longshore Club Park
Westport, CT



Individual Golfer: \$150

- *18 holes, scramble format
- *Course and cart fees
- *Continental Breakfast
- *Luncheon in the ballroom at the Inn at Longshore featuring an "old fashioned barbecue"
- *Tournament prizes
- *Shotgun start at 8:00 am



Please register with Karen Puskas at Westport Parks and Recreation



*Wishing you all
the pleasures of
living in Westport ...
Darlene*



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